

	<b>QUEENSLAND YARD &amp; UTILITY TRIAL ASSOCIATION INC</b>	
	<b>TITLE:</b>	<b>POLICY REF NO:</b>
	SUN PROTECTION POLICY	POL 11
		<b>VERSION:1</b>

## 1.0 Policy Purpose

- 1.1 The following policy is in place to help QYUTA minimise the risks of overexposure to ultraviolet (UV).

## 2.0 Policy Statement

- 2.1 The sun's UV radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.
- 2.2 Sunburn and other UV damage is common when people are engaged in outdoor activities and exposed to the sun's UV radiation for long periods of time.

## 3.0 Sun protection times

- 3.1 The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Queensland, UV levels regularly reach 3 or higher from mid-August to the end of April.
- 3.2 A combination of sun protection measures are needed during the daily local sun protection times.
- 3.3 To assist with the implementation of this policy, association officials, trial organisers and members are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au), on the free SunSmart app or on the Bureau of Meteorology website at <http://www.bom.gov.au/>.

## 4.0 Outdoor events and activities modifications (including a cancellation policy)

- 4.1 Where possible, outdoor events and activities are scheduled to minimise overexposure to UV and heat.
- 4.2 When extreme high risk conditions are forecast, outdoor events or activities are to be reviewed.

- 4.3 Where it is not possible to reschedule or cancel events and activities, the following steps can be taken to minimise the risk of overexposure to UV and heat illness:
- 4.3.1 The duration of the outdoor activity is reduced;
  - 4.3.2 Activities start earlier in the morning,
  - 4.3.3 Extended lunch breaks, and
  - 4.3.4 Or run under lights.

